

BPS District Health Standards Book

Health Grade Levels

High School



High School Grade Band



Standard 1: Growth and Development

HTL-HS.s1 Understand concepts related to human growth and development, health promotion, disease prevention.

- **HTL-HS.s1.01:** Predict and/or evaluate how health behaviors can affect health status.
- **HTL-HS.s1.02:** Analyze the interrelationships of mental, emotional, physical, and social health.
- **HTL-HS.s1.03:** Analyze how environment and personal health are interrelated.
- **HTL-HS.s1.04:** Analyze how genetics and family history can impact personal health.
- **HTL-HS.s1.05:** Formulate strategies to reduce or prevent injuries and health problems.
- **HTL-HS.s1.06:** Analyze the relationship between access to health care and health status.
- **HTL-HS.s1.07:** Analyze the benefits of and barriers to practicing a variety of health enhancing behaviors.
- **HTL-HS.s1.08:** Examine personal susceptibility to and severity of injury, illness, or death if engaging in unhealthy behaviors.
- **HTL-HS.s1.09:** Explain the functions of the reproductive system.
- **HTL-HS.s1.10:** Describe prenatal and postnatal practices that can contribute to or threaten a healthy pregnancy for parent and child.
- **HTL-HS.s1.11:** Compare and contrast the advantages and disadvantages of abstinence and other contraceptive methods, including condoms.
- **HTL-HS.s1.12:** Acknowledge differences among individuals regarding gender.

Standard 2: Health Influences

HTL-HS.s2 Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- **HTL-HS.s2.01:** Analyze how the family influences the health of individuals.
- **HTL-HS.s2.02:** Analyze how culture, personal values, and beliefs support and challenge health behaviors.
- **HTL-HS.s2.03:** Analyze how peers influence health behaviors.
- **HTL-HS.s2.04:** Evaluate how the school and community can affect personal health behaviors.
- **HTL-HS.s2.05:** Evaluate the impact of media and technology on personal, family, and community health.
- **HTL-HS.s2.06:** Analyze how the perceptions of norms influence health behaviors.
- **HTL-HS.s2.07:** Examine how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.
- **HTL-HS.s2.08:** Analyze how public health policies and government regulations can influence health promotion and disease prevention.

Standard 3: Access Health Information

HTL-HS.s3 Demonstrate the ability to access valid health information, products and services.

- **HTL-HS.s3.01:** Evaluate the validity of health information, products, and services.
- **HTL-HS.s3.02:** Utilize valid health resources that protect and inform consumers.
- **HTL-HS.s3.03:** Evaluate the accessibility of products and services that enhance health.
- **HTL-HS.s3.04:** Determine when professional health services may be required.

Standard 4: Communication Skills

HTL-HS.s4 Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- **HTL-HS.s4.01:** Demonstrate active listening skills to enhance health and avoid or reduce health risks.
- **HTL-HS.s4.02:** Apply effective verbal and nonverbal refusal skills to enhance health and avoid or reduce health risks.
- **HTL-HS.s4.03:** Apply effective verbal and nonverbal negotiation skills to enhance health and avoid or reduce health risks.
- **HTL-HS.s4.04:** Apply effective verbal and nonverbal collaboration skills to enhance health and avoid or reduce health risks.
- **HTL-HS.s4.05:** Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- **HTL-HS.s4.06:** Demonstrate how to ask for and offer assistance to enhance the health of self and others.

Standard 5: Decision Making

HTL-HS.s5 Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.

- **HTL-HS.s5.01:** Examine barriers that can hinder healthy decision making.
 - **HTL-HS.s5.02:** Apply the decision-making process in health-related situations.
 - **HTL-HS.s5.03:** Justify when individual or collaborative decision making is appropriate.
 - **HTL-HS.s5.04:** Generate alternatives to health-related issues or problems
 - **HTL-HS.s5.05:** Predict the potential short-term and long-term impact of each alternative on self and others.
 - **HTL-HS.s5.06:** Defend the healthy choice when making decisions.
 - **HTL-HS.s5.07:** Evaluate the effectiveness of health-related decisions.
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Standard 6: Goal Setting

HTL-HS.s6 Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce risks.

- **HTL-HS.s6.01:** Assess personal health status.
 - **HTL-HS.s6.02:** Develop a plan to attain a personal health goal.
 - **HTL-HS.s6.03:** Implement strategies to monitor progress in achieving a personal health goal.
 - **HTL-HS.s6.04:** Formulate an effective short-term and long-term personal health plan.
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Standard 7: Health Practices

HTL-HS.s7 Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- **HTL-HS.s7.01:** Analyze the role of individual responsibility for enhancing health.
 - **HTL-HS.s7.02:** Analyze a variety of health behaviors that will maintain or improve the health of self and others.
 - **HTL-HS.s7.03:** Demonstrate health behaviors to avoid or reduce health risks to self and others.
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Standard 8: Health Advocacy

HTL-HS.s8 Demonstrate the ability to advocate for personal, family, and community health.

- **HTL-HS.s8.01:** Utilize peer and societal norms to formulate a health-enhancing message.
 - **HTL-HS.s8.02:** Demonstrate how to influence and support others to make positive health choices.
 - **HTL-HS.s8.03:** Work cooperatively as an advocate for improving personal, family, and community health.
 - **HTL-HS.s8.04:** Adapt health messages and communication techniques to a specific target audience.
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